

Abstract

Title: Possibilities of physiotherapy in pregnancy

Objectives: The aim of this study is to create a comprehensive overview of current knowledge concerning the issue of pregnancy from the point of view of a physiotherapist. Literature resources will be collected in order to provide information about the frequent difficulties of pregnant women in the context of the musculoskeletal system and their possible treatment by physiotherapy and also about physical activity during pregnancy.

Methods: This study is a literature review. It is a theoretical study primarily based on foreign sources found in electronic databases such as Pubmed, EBSCO, OvidSP, Google Scholar and ProQuest. 139 foreign studies related to pregnancy were included, of which 133 were published between the years 2000 and 2015. Next 6 studies published from 1978 to 1999 were found in the primary sources. A combination of the following keywords was used to search the databases: pregnancy, physical therapy, physiotherapy, physiological changes, low back pain, pelvic girdle pain, pelvic floor muscles, musculoskeletal problems, foot arch, exercise, physical activity, gestational diabetes mellitus, preeclampsia.

Results: There are a lot of studies concerning to this issue, but in many cases they are too heterogeneous to draw clear conclusions. However, the musculoskeletal problems related to pregnancy, its diagnostics and therapy is summarized in the first part of this study, and the recommendations for the physical activity during pregnancy are presented in the second part of this study.

Keywords: pregnancy, musculoskeletal problems, physiotherapy/physical therapy, physical activity/exercise